

# Grapevine

## Marlboro



**“AT YOUR SERVICE”  
THE HOME EXCHANGE**

*Photo by Jody Price*

*Living at the Veterans Home of California in Yountville – July 21, 2006*

# Patient Care Services Kathryn Razi to Retire

By Lou Zauner

*The GRAPEVINE*  
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After seventeen years of devoted service to the Home Members, Kathryn Razi is turning her position as Assistant Administrator Patient Care Services over to Greg Harless, who will replace her as Acting Assistant Administrator until the position vacancy is finalized.

Kathryn is leaving the Home with the same sparkling optimism for her new life as she pursued in her career at Holderman Hospital. Beginning in 1989 as a Supervising Nurse, and in 1992 she attained her position managing nursing staff for all levels of care throughout the Home facility. This enormous responsibility means supervision of approximately 450 patient care medical staff.

Prior to her arrival at the Veterans Home, Kathryn had extensive nursing experience in a variety of intensive medical assignments. After graduating from Deaconess Hospital School of Nursing in St. Louis Missouri in 1967, she found herself involved in not only all phases of nursing, but marriage and motherhood as well. This included two years in London, England. During her time there, she became employed as a Nanny and gave birth to twin boys.

With joyous voice and demeanor, Kathryn speaks of her happy life at the Veterans Home, particularly the community-like relationships with staff and patients, and her “great team of nurses.” She exemplifies the devotion all the medical staff gives to their Home-Member charges. Comparing hospital life at Holderman to other hospitals, she always the the opportunity to watch patient progress and follow their lives at the Home after hospital care was a big advantage often not shared by other medical facilities. Likewise, she enjoyed getting to know the hospital-confined patients on a long-term basis and seeing newcomers to the Home experience new careers of their own. Kathryn is also proud of the strong Home Administration support and support from the California Department of Veterans Affairs that she has received. She applauds the continuing improvement in medical services and training the Home obtains which includes the advent of the new dementia center – an indication to her of the importance of a continuing mission for the care of disabled and aging veterans.

Kathryn Razi’s new life will include more “grandmothering” of her twin boy and girl grand-babies, travel, reading and taking time to enjoy her vineyard home with her husband Fred. She will also appreciate the leisure of not being on constant call as she has been during her intensive medical career/ but with her enthusiastic approach to life, she may miss it more than she now realizes. The Veterans Home, however, and all that know her will miss is her smile, her cheerfulness and the devotion she has given during her years here. With great fondness and good wishes, Kathryn, the good years ahead will be yours.





# Social Work 101: Making the Most of Your Social Workers

By Chris Williams

When you encounter a problem, to whom do you turn? Your section leader? Your physician or nurse? Or, (heaven help her) Marcella? You may be overlooking a great resource because you're not sure exactly what social workers do. You're not alone. A physician was being asked about the new Wellness program.

"Will social workers be a part of that?" she was asked.

"Oh, social workers are a vital part of everything here."

"Exactly what do they do?"

"Well, they ... they're involved with ... uh ..."

It seemed time to approach Linda Martin, our newly appointed Chief of Social Work Services and ask some questions.

"There are social workers in the residences and in the hospital. What's the difference?"

"In residential care, we encourage members to be as independent as possible for as long as possible by being their own advocates." Linda replied. "Group living is a new experience for many, and their residential worker is ready to help with adjustment or interpersonal problems. They will also refer to counseling or therapy if needed. In nursing care, social workers participate in rehabilitation and improvement in over-all functioning"

"I'm still a little vague, Linda. Give me some 'fer instances'."

"Okay, here are some examples: I mentioned counseling and that includes hospice and grief support. If the resident desires, the social worker will participate in making health care decisions and obtaining adaptive equipment. They will also assist in maintaining family contact and providing help with financial or legal matters."

"I've only had contact with one social worker. Theresa LeMay in section 'C' when I first got here. I adore her."

"Theresa is special," Linda smiled. "But she's not alone. Get to know the social worker in your section, now. You'll have a real ally, some one who knows you as a person, not a case number."

I think I'll do that.

## Don't miss the Residential Care Annual Picnic!

Residential Care Service is throwing their Annual Picnic on Saturday, July 22, 2006. Delicious barbecued New York steaks, hamburgers and hot dogs and more will be served at the V.H. Picnic Grounds from 11:30 am to 1:00 pm. The band, *Way Out West*, will be there to provide fun, toe-tappin', country music from noon through 3:00 pm. Section Members sign up in your section for your free ticket and bring it with you to the picnic. Guest tickets are \$10 from you Section Leader.



# Exchange Services

## A Veterans Home Invaluable Asset

Story by Lou Zauner; photos by Jody Price

Serving an average of 250 customers a day and offering anywhere from a 10% to 20% discount – without charging any sales taxes – the Home “PX” (or “BX”) is a combination of department store, pharmacy, grocery provider, appliance outlet and more. As one loyal customer commented, “It’s a ‘7-11’ store on steroids.”

Affectionately known at the “PX,” which is widely recognized as “Post Exchange,” it technically is neither that or a “BX or Base Exchange” but simply the “Home Ex-

change” – a store that means more than just a place to pick up candy, food and normal store purchases: it is the necessary and vital supplier of goods and necessities for Home Members and Staff who would be unable to maintain the very quality of life the Veterans Home at Yountville offers.

As an independent non-profit unit, the Home Exchange operates under the auspices of the Army Air Force Exchange Services (AAFES), which is among the top five retail marketing services in the world. The Home Exchange Manager, Will Hardy, is responsible to a regional general manager in charge of a large number of operating Post and Base Exchanges including that of Travis Air Force Base. The Veterans Home Exchange is a branch of the Travis Air Force Base Exchange. Being the larger purchaser of needed supplies from AAFES, Travis often assists the Home Exchange with smaller lots of necessities as demand requires.

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*“The BX is absolutely necessary for me – I have no other resource and would have to ask friends to do my shopping for me.” – Mickey Gandel*

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*Continued on page 5*

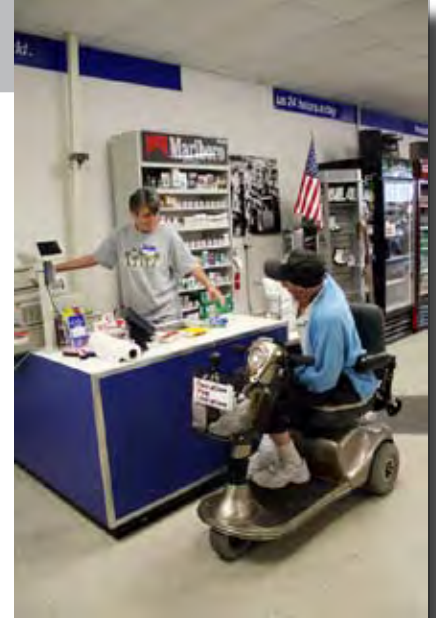
*John Corna, Mabel Britton, Will Hardy*

*Living at the Veterans Home of California in Yountville*





*If you don't see Mabel at the cash register that is because she's stocking shelves or helping customers ... or sometimes both at the same time!*



*BX Continued from page 4*

Will Hardy, who has had over 20-years of retail experience and worked for a large electronics firm, has only one permanent Assistant, Mabel Britton, for the enormous amount of work entailed in successfully managing the Exchange. This means not only serving customers during

*The BX is a popular spot to hit on the Home Tours provided by the Public Information Office. Home Member and Tour Guide Paul Keh said, "When the potential Home Members are touring the Home they see that the BX is a good place to purchase a TV and refrigerator for their rooms ... the food in the BX is another great selling point."*

the open hours of the store, but ordering, unloading, stocking and price-marking supplies; maintaining a multitude of records, inventorial and financial; reconciling customer's requirements, exchanges and occasional complaints which Will Hardy says are outnumbered by compliments. With literally hundreds of different items stocked in the store, the non-open hours of work involved in maintaining the Exchange to generate enough sales volume to produce a profit to pay the modest salaries and overhead is extensive and vital. The gross daily volume of the store averages about

*"Despite all their challenges, the team at the BX always offer a helping hand accompanied by a smile."*



*Continued on page 6*



*"The BX is great for our age group ... Prices are right with great quality ... Many Member haven't left the Home for months." – Fern Collette, Section H*








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*"I bought a TV here.  
The prices are great."  
– George Harris,  
Section D*

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*BX continued from page 5*

\$2,000 and must be maintained or increased to keep the needed revenue intact.

Efficient and resourceful management in every facet of the operation of the Exchange is of prime importance toward that small edge of profit. Negative impact such as pilferage of merchandise, however small the amount, erodes the margin of profit. The honesty of the customer in this regard is a must since the disregard of the few adversely affects everyone. Likewise, hazards like water damage and, most-recently, the unfortunate fire which occurred in the Recreation Building, close down the store. Possibly, within the next 18 to 24 months, the Recreation Building will undergo renovation; which means that the Home Exchange will be necessarily the first occupancy in that building to be deployed to another on-premises location.



*Thomas Ross and George Harris at the checkout.*

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*I shop at the BX two times per week for juice and snacks. This is my only source for shopping because I am unable to drive." – Thomas Ross, Section C*

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*Continued on page 7*





*BX continued from page 6*

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*“Sometimes I forget to purchase a gift or card for someone’s birthday. The BX saves me every time!”*

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the store. Will Hardy glowingly comments on their work because of the strong affection for their “customer base” and “the regulars,” most in scooters and wheel chairs without the ability to shop elsewhere for their needs. Will says he is always pleased to response to requests for special wants – whether it’s a special candy, toothpaste, television set or video-recorder. He adds that although one of the most difficult aspects of his work is to satisfy all the needs of individual requests, he does everything he can toward that end.

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*“With the current price of gasoline, it doesn’t make sense to drive to Napa for shopping.”*

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Home Members and all Staff are invited and encouraged to conveniently and profitably shop at the store. Compare prices, you’ll be glad you did, and you’ll help insure the continued success of our Home BX. The hours are Mondays through Fridays, 8:00 a.m. to 3:30 p.m. Y’all come!

Will Hardy and Mabel Britton have been performing outstanding services for their Home Member and Staff customers for many months now. During the summer months, a temporary assistant, John Corna, has become part of the family. Each member goes to great lengths to satisfy the multitude of daily customers who frequent

What is not common knowledge among the patrons of the Home Exchange is that large appliances and electronic equipment can also be ordered through the store. Washers, dryers, large television, video and audio equipment and such can be made available as a special order to AAFES if it is available through the Home “BX.”

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*“I go to the BX often ... sometimes daily ... (laughing) and with my memory, sometimes twice daily. I am well aware of the fact that many of our members have no other source to purchase those necessities of life that cannot be provided by the Home. Why do I shop there so often? No, it’s not just the price and convenience. It’s because it’s part of our Home and I believe in supporting our Home.” – Nancy Bueno, Section H*

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# Veteran's Home Visit to the USS Hornet.

By Mike Fox

Friday, June 23, 2006

Commissioned in 1943, the eighth USS Hornet (CV-12) saw 16 continuous months of World War II action in the Pacific, sometimes just 40 miles from Japanese home islands. Aircraft from the Hornet brought down 1410 Japanese aircraft and destroyed or damaged 1,269,710 tons of enemy shipping. As well as supporting nearly every Pacific amphibious landing after March 1944, the Hornet also scored the critical first hits in sinking the super battleship Yamato.

All this history is now moored in Alameda – The USS Hornet is a floating museum open to the public. Visitors are guided around the vast space of this aircraft carrier by a team of very well informed volunteers, many of whom served on the Hornet or sister ships. For visitors from the Veteran's Home in Yountville who came to tour the Hornet on a warm, sunny June day, docents provided an exclusive tour and a unique view inside the day-to-day workings of this WWII aircraft carrier.



As soon as the Vet's Home party arrived and boarded the ship, they were escorted to the fantail (rear of the hangar deck) where everyone could enjoy packed lunches with an undisturbed and spectacular view of downtown San Francisco. There were some for whom the visit brought back specific memories of time actually spent on the Hornet during WWII - the stories started to flow.

After lunch, the party was shown a brief orientation video that also highlighted the Hornet's significant role in the recovery of Apollo 11 and Apollo 12 astronauts after their successful missions to the Moon. Apollo 11 was the first mission during which man set foot on the Moon, with Neil Armstrong and Buzz Aldrin making history for the United States. President Richard Nixon was aboard the Hornet for the recovery of the Apollo 11 crew. The re-entry capsule is on display on the Hornet's hangar deck and vets commented on how cramped the



*Continued on page 8*

*Living at the Veterans Home of California in Yountville*





*Hornet continued from page 8*

conditions were for three people. The vast hangar deck, which was home to Air Group 2's F6F Hellcats, TBM Avengers, and SB2C Helldivers during the Pacific campaign, today houses a variety of aircraft which are donated to the USS Hornet museum. An F14 Tomcat is the most modern example, although the Hornet's Flight Deck was not actually big enough to handle the F14. Instead, the Tomcat arrived at nearby San Francisco Airport and was then transported by road to the Hornet.



The Vet's Home party was split into two groups, each exploring different parts of the ship. The group that I tagged along with immediately climbed two flights of narrow stairs to get to know the workings of one of the ship's four remaining 5 inch, 38 caliber guns. The projectiles used by these formidable weapons weighed 54 pounds and traveled at 2700 feet per second for as far as 12 miles. Experienced teams could reload these guns to fire at 15 rounds per minute. Next we got to see life inside some of the crew's quarters, appreciating the cramped conditions that enlisted men experienced, and getting a taste for the challenges faced by those who tried to catch up on some sleep while aircraft catapult cables banged around overhead.

Clambering through narrow passageways and more flights of stairs brought us to the fo'c'sle where we were shown the

*Continued on page 10*



*Mike Fox has thirty years of combined photography experience, fifteen years of which as an award-winning photojournalist in Africa, Asia, Africa, Europe and North America.*

*Fox specialize in documentary and editorial photography involving the human condition, conflict, and politics. He is also a professional writer and mass communications consultant.*

*"Identifying, researching and capturing compelling stories is what I do everyday. From a straightforward profile of an individual to an in-depth piece about toxic waste or racial activism, clients find my style cuts to the heart of the subject and evokes emotional responses," says Fox.*

*Fox's photojournalism work has been published in Newsweek, La Monde, Houston Chronicle, PR Week, Gallup Organization, American Marketing Association, The London Evening Standard, Die Welt, Tribune des Fosses, Common Ground Magazine, Heinrich Bauer Publications ... and now the Grapevine at the Veterans Home of California at Yountville.*

*Thank you, Mike, for this wonderful example of your work.*

*Examples of Mike Fox's work can be found at <http://www.mikefoxphotojournalist.com/> and includes photos from our Home.*

*July 21, 2006*





*Hornet continued from page 9*

massive anchor system, originally made up of two 30,000lb anchors suspended on chains that reached 185 fathoms (1110 feet). Each chain is made up of links that individually weigh 120lbs. Also in the fo'c'sle is a tell-tale sign of the original design of this ship. When first commissioned, the Hornet was open beneath the flight deck and this part of the ship was exposed to the elements. During a typhoon, the flight deck collapsed at the front of the ship and, subsequently, the Hornet underwent modernization that closed in this area to protect it from extreme weather conditions as well as improving the reliability of flight operations.



Next, we were taken up to the huge flight deck and made the climb up to Primary Flight Control, from where all flight operations were managed. Our group was shown how the chart room worked and also experienced the working conditions that the ship's captain faced on the Navigation Bridge. A couple of our group enjoyed feeling what it was like to take the captain's chair and look out over the expansive flight deck below.



We wrapped up our guided tour back on the hangar deck, meeting up with the other half of the Vet's Home party and exchanging stories. The docents left us to explore at will, taking care to advise us not to get lost – something that is easy to do on this vast military machine.



The USS Hornet is a testament to the courage and ingenuity of America's military. To have this historical ship moored so conveniently in the Bay Area is a privilege that everyone should take advantage of.





# Native Sons of the Golden West Picnic

*Story by Lou Zauner*

*Photos by Glen Nock & Lou Zauner*



On the hot Sunday afternoon of July 16, the NSGW Organization held their annual picnic of steak, hot dogs and watermelon. Salad, chili and buns were added for the feast with beverages – beer and soft drinks – to take care of cooling off the effects of the warm weather.

From 11 a.m. to mid-afternoon, the crowds just kept coming – busses unloading Hospital Residents and cars inundating the parking lot with passengers. The serving line, manned by dozens of volunteers, continued to grow ever longer, but efficient food delivery made the wait for the sumptuous luncheon seem surprisingly short.

Raffle prizes of wine and gifts of every description awaited lucky purchasers of tickets for the afternoon drawing, which kept the attendees patiently enjoying the afternoon camaraderie and continued partaking of food and beverages.

“Founded in 1875, the Native Sons of the Golden West is a fraternal organization founded for mutual benefit, mental improvement, social activities and the progress of the State of California. To the pioneers belonged the birth and infancy of our State – to its destiny.”

The annual picnic is always a great occasion for the Home Members, and the unusual large attendance verified the same for 2006. Many thanks to the NSGW for another grand event!



*Home Members  
Betty McGee &  
Georgia Todd*



*right - Wilma  
Lembke, Lou  
Mailberg,  
Janis and Jerry  
Rambajan*





## I'm a Ramblin', Gamblin' Girl



I was loping around the Alameda when someone called out, “Brandy, save your strength!”

“For what?” I barked back.

Someone said, when you look back on your life, the only things you regret are the things you didn’t do. I’ve decided, dearies, that at our age, it’s time to get a little reckless. So, I broke open my piggy-bank and headed for the Bake Sale/Silent Auction which employees were holding to benefit the American Cancer Society. I resisted the goodies, but got carried away with bidding and won presents for friends. Cathy Vincent, who organized the whole thing, sold me raffle tickets for the big prize, a magnificent basket that will be awarded on July 29th. You can still buy tickets if you track Cathy down in Occupational Therapy on the first floor of Holderman.

I was pleased with myself (giving to a good cause gives you a lift, doesn’t it?) when I walked by Grant Hall and heard really upbeat music. It was the Jammers who play every Tuesday at 1 pm, and Ned Hammad, who was putting the Jammers through their paces, invited me to a concert in the Hospital Recreation Area.

When I arrived, the place was so full, I had to squeeze in, but it was worth it. So many of my friends were performing that I completely lost track because everyone was enjoying and groovin’ with the music. Susan Heims appeared both solo and with groups -- a side of her I never knew existed. Oh, and the harps! I love harps, and Betsy and Ann played a beautiful duet, and then were joined by Sheila and Kate for Pacobel’s Canon. I was invited onstage for a waltz and to join Megan when she switched from piano to saxophone

Ned’s time as an intern with us is almost up; we’ll miss him and his pony-tail. I challenged him to a tail wagging contest. He lost.





## Poker Walk Postponed

The Napa Relay for Life is taking place in less than two weeks on July 29th & 30th. Due to summer vacations and the heat wave, we will be postponing the next poker walk until sometime in the Fall.

The outpouring of support for our Relay team on behalf of the American Cancer Society has been phenomenal. We raised \$370 at the bake sale, \$295 at the silent auction, \$65 worth of raffle tickets (for the Wine Country Gourmet basket to be raffled off on July 27th) and \$85 in our on site Relay fundraisers. GRAND TOTAL: \$815.00! We are so thankful for the outpouring of support!

The events have proven to be a fun way to join together as fellow employees in support of a great cause. So, we are planning to continue our efforts not just in the few months leading up to the Relay For Life but hopefully throughout the year! So, look forward to periodic bake sales, silent auctions and poker walks!

It's still not too late to make a donation to Relay for Life or buy a raffle ticket for our fabulous Wine Country Gourmet basket. The raffle tickets are one for \$1 or six for \$5 and be purchased at the main Occupational Therapy clinic or contact me.

Thanks again for your support, Cathy Vincent, Team Captain.

## Updated Information Regarding the Theft of Veterans Data from the United States Department of Veterans Affairs

**Latest Information:** The Administration has concluded that credit monitoring services and the associated funding will no longer be necessary.

The proposal for free credit monitoring for veterans whose personal information was stolen has been withdrawn because the laptop containing their data has been recovered. The president sent a letter to Congress on July 18, 2006, canceling last month's request for \$160.5 million in additional funding for the Veterans Affairs Department to provide one year of free monitoring to millions of veterans and active-duty troops. The FBI has determined with a "high degree of confidence" that information stored on the stolen laptop and external drive was not accessed or compromised.

The letter can be accessed at the following URL: [http://www.whitehouse.gov/omb/budget/amendments/supplemental8a\\_7\\_18\\_06.pdf](http://www.whitehouse.gov/omb/budget/amendments/supplemental8a_7_18_06.pdf)



**In the Wine Country Gourmet Basket:**  
*Ceramic platter, Wine Markers (12), Ceramic Olive Oil Cruet, Sparkling Harvest Book, Sundried Tomato Bruschetta, Martinelli Sparkling Apple Cranberry, Landmark Grand Detour 2004 Pinot Noir, Landmark Damaris Reserve 2001 Chardonnay, Diamond Oaks Hira Ranch 2002 Carneros Merlot, Chocolate Sauce with Cabernet Sauvignon, Olive Branch Ceramic & Wood Trivet, Mini Split Brut Champagne, Vintage Harvest Travel Candle, Two Champagne Glasses, Handmade Mini Soaps, Two Passes Copia, Gourmet Spreaders, Grape Dishcloth, Balsamic Vinegar, Two Wine Goblets*

# The Russians Are Coming! *The Russians Are Going!*

by Chris Williams

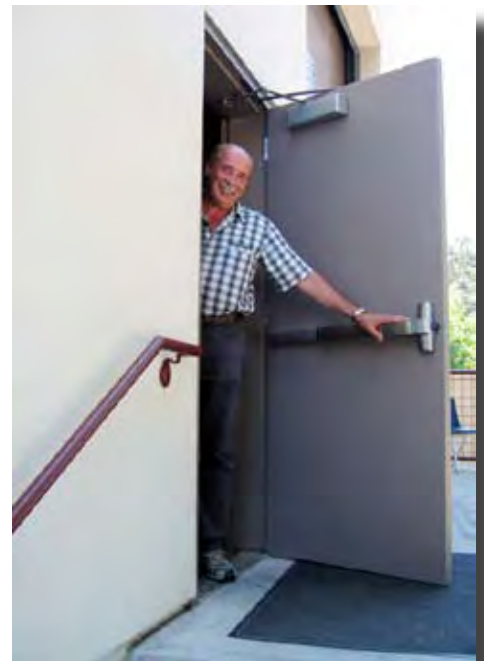
**T**hey were right all along; the Russians have invaded. And, what a pleasant invasion it is. The Russian National Orchestra is midway through its stay with us. Festival del Sole has almost concluded, with just three performances remaining, but what wonderful performances they promise to be. The Russian National Orchestra will appear tonight at 7 pm, and tomorrow, July 22nd, at 6 pm with violinist Sarah Chang, the child prodigy who has fulfilled her promise.

The final concert, Sunday at 6:30 pm, will bring us the reigning diva of the operatic stage, Renee Fleming. Do you wish you could have attended a live performance by Maria Callas? Or her rival, Renata Tabaldi? This is your chance to hear the best at her best. It's something you can tell your grandchildren about.

The orchestra members spent their rehearsal breaks touring the grounds and enjoying the Recreation Center. Their verdict, through an interpreter, "Very beautiful!" Residents, who had considered challenging them at ping-pong and pool, changed their minds after watching them for a while. "I just learned something," one of our pool sharks said. "I could lose on both sides of the world."

If you didn't get your ticket for their performances, all is not lost. Activities tells us that they must return unused tickets to the theater before each performance. If you go to the box office before a performance, your chances of getting in are good.

*Yes, that is a Grapevine he is holding ... even though he doesn't speak English. Opps! Break time is over!*







## Woody's 90th Birthday Celebration

*Story by Bruce Holman  
Photos by Glen Nock*



It's hard to imagine that there has ever been a 90<sup>th</sup> Birthday Celebration here at the Veterans Home that matched Olin (Woody) Woods celebration on July 6<sup>th</sup> and 7<sup>th</sup>. There were more "Woods" visiting here than we have on our Alameda and they all pitched in to help making Woody and many of our Home members thankful for the full and fruitful life he has had. It would be impossible to name his many family relatives that were here and what they did to make it one of the finest gatherings showing their appreciation for his life's work (to date).

Thursday, July the 6<sup>th</sup>, a golf tournament was played at the Vintner's Golf Course with prizes and a wonderful lunch at the Lakeside Restaurant. Then the next day at Lee Lounge a gala affair with much food and story telling done by Woody's family and friends.



We're all looking forward to Woody's 100<sup>th</sup> birthday when it comes around. Nice going "Woods." We all thank you for allowing us to join in your celebration.

## Attention Korean War Veterans

Tom Poulter, incoming National Commander of the Military Order of the Purple Heart (MOPH) will visit the Home and make a special presentation to honor Korean War Veterans on Tuesday, July 25<sup>th</sup> at 11:30 am in the north end of the Main Dining Room. Korean War Veterans who plan to attend are asked to sign up in the Allied Council Office.



## WALK ~~PAWS~~ with Brandy

Aha! Fooled you, didn't I, darlings? Yep, it's me woofin' at you because I need help and a support group. My weight loss/fitness program is stalled. I need you to help me burn some more calories. Fitness experts tell us that walking is the very best exercise because it's easy to control for any fitness level. So, I put my head together with Jack Brannan's, who has already started a walking program, and we invite you to join us.

While we're getting organized, how about us all meeting in front of the chow hall at 8 am on Monday, July 24th so we can beat the heat? While we stroll, we'll decide if there's a better meeting place and time. We'll start with just a leisurely walk for as far as we feel comfortable, and you can join or drop out anytime you like.

Also, we can measure out progress! Among Pat Bueno's legacies is a careful measurement of the distance around the Alameda -- it's nine tenths of a mile. We can use that as a goal and increase our distance as we get in better shape. So strap on your pedometers and give it a go.

Does anybody know how to set a pedometer if you have four legs? Elaine Simpson suggested I wear two, but that doesn't seem fair to you.

## Is Your Hearing Loss Service-Connected?

Military service can be hazardous for hearing. Small arms fire, artillery, tank cannons and jet and prop aircraft all produce loud noises which are potentially damaging to hearing. Being near an explosion may also be damaging. Noise exposure can produce tinnitus which is a buzzing or ringing sound perceived inside the head.

Hearing protectors such as ear plugs or ear muffs generally lessen the effects of loud noises. Unfortunately, the Department of Defense did not mandate a service-wide hearing protection program until 1964. The result is that servicemen serving during World War II and the Korean War and during the early years of jet aircraft did not use hearing protection when exposed to loud noises, and are at risk for service-connected hearing loss and tinnitus.

It is not too late to file a claim now with the Veterans Administration even if you have not done so in the past, and even if your military service occurred during World War II or earlier.

When you file a claim the VA seeks to establish whether your current hearing loss started during your active military service or whether a pre-existing condition worsened as a result of your military service.

*Continued on page 17*



## I have always dreaded old age ...

I cannot imagine anything worse than being old. How awful it must be to have nothing to do all day long but stare at the walls or watch TV.

So last week, when the President suggested we all celebrate Senior Citizen Week by cheering up a senior citizen, I decided to do just that. I would call on my new neighbor, an elderly retired gentleman, recently widowed, and who, I presumed, had moved in with his married daughter because he was too old to take care of himself.

I baked a batch of cookies, and, without bothering to call (some old people cannot hear the phone), I went off to brighten this old guy's day. When I rang the doorbell this "old guy" came to the door dressed in tennis shorts and a polo shirt, looking about as ancient and decrepit as Donny Osmond.

"I'm sorry I can't invite you in," he said when I introduced myself, "but I'm due at the Racquet Club at two. I'm playing in the semifinals today."

"Oh that's all right," I said. "I baked you some cookies..."

"Great!" he interrupted, snatching the box, "Just what I need for bridge club tomorrow! Thanks so much!"

I continued, "and just thought we'd visit a while. But that's okay! I'll just trot across the street and call on Granny Grady."



*Continued on page 18*

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### *Hearing Loss continued from page 16*

The VA prefers to see written documentation which supports your claim. A good example is a visit to a physician with a complaint related to ears, hearing or tinnitus documented in your military medical records. In recent years the VA has become less strict about requiring written documentation for conditions prior to discharge and many vets have established service-connection based mainly upon their military occupational specialty.

Once a service-connection has been established, the VA will rate your medical disability. The rating can be 0% to 100% and is graduated in 10% increments. The rating percentage generally reflects the severity of the disability, from a minor disability at 0% to a total disability at 100%.

A 0% service-connection for hearing or a 10% service-connection for any other disability entitles the vet to hearing aids, batteries and hearing aid repairs through the VA. Other eligibility categories, such as ex-POW, Aid and Attendance and Purple Heart recipient entitle vets to hearing aids. The rating percentage also determines the amount of the monthly compensation.

If you have a hearing loss or experience tinnitus and you believe that it is service-connected you should contact Ed Byars or Art Palmer in the Veterans Service Office located in Holderman Hospital. They will initiate a claim on your behalf. Their number is 944-4722.



# Good Readin'

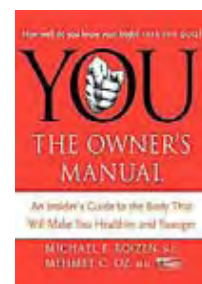
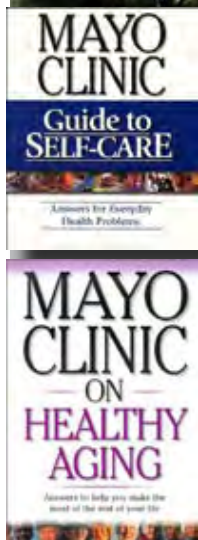
## Do You Get Worms, Too?

“Fit as a Fiddle and Ready for Love” ... that’s a song from the movie, “Singin’ in the Rain.” It’s playing over and over in my head and it won’t stop. I read (in the book I’ll tell you about last) that 98% of us suffer from this condition from time to time. It’s called an “earworm,” and people try everything to get it to shut up; I’m trying writing. The #1 earworm tune is the commercial jingle for the *Kit-Kat* candy bar; I don’t know that one. #2 is “Who Let the Dogs Out?” I know that one.

In my pursuit of help for my condition, I went to the top and asked Dr. Loftus, our Chief Medical Officer, to recommend books. He said that, after 100 years experience, the *Mayo Clinic* can be relied on for accurate information. I trotted to Lincoln Library and found several from there. **Mayo Clinic Guide to Self-Care** has much information designed to “supplement the advice of your personal physician”. Very informative. “Earache,” but no earworm. I turned to **Mayo Clinic on Healthy Aging** and was really inspired. It begins with a bang: “Assume you’re going to live a very long time, and plan for it now.” It has strategies to manage the aging process and maintain or improve the quality of your living.

No earworm.

Then, I found a wacky and wonderful new book, **YOU: the Owner’s Manual** by Drs. Roisen and Oz of Columbia University. Written in a breezy style with hilarious illustrations, this is a trip through all the highways, back roads and landmarks inside of you. Lance Armstrong says it “lets you in on the secrets of your body”. You wouldn’t believe that learning could be so much fun. And, finally! I found advice about my earworm. — *Live with it.*



*Old Age continued from page 17*

“Don’t bother,” he said, “Gran’s not home; I know. I just called to remind her of our date to go dancing tonight. She may be at the beauty shop. She mentioned at breakfast that she had an appointment for a tint job.”

So I went home and called my Mother’s cousin (age 83); she was in the hospital ... working in the gift shop.

I called my aunt (age 74), but she was on vacation in China.

I called my husband’s uncle (age 79). I forgot ... he was on his honeymoon. So now I dread old age more than ever. I just don’t think I’m up to it!





## August Programs at the Napa Valley Museum



The Napa Valley Museum presents will present the following programs in August, in conjunction with the Ana Corbero painting exhibition, *1001 Tears*:

**Saturday, August 5**  
2:00 PM to 4:00 PM  
**Meet the Curator** with Nan Curtis, Chief Curator of the Napa Valley Museum Our new Chief Curator, Nan Curtis, was Director of New Visions Art Gallery and prior to that position, Curator of Art at the Neville Public Museum in Wisconsin. Come to the Museum to hear Nan give a short presentation and to learn more about her fascinating background and experience in the museum world. Free with admission. Call 707.944.0500 x201 for reservations.

**Saturday, August 12**  
6:00 PM to 8:00 PM  
**Poetry Open Mic** hosted by Martha Mims, Editor/Publisher, Listen & Be Heard and Co-owner, Listen & Be Heard Poetry Café. Wonderful, talented writers who are eager to share their wares are invited to participate in our Poetry Open Mic. Bring your fans and sign up when you arrive to participate in the 30-second lightning round or the five-minute spotlight. For those of you in the audience who love poetry, you'll hear every kind of poet and will also have the opportunity to view the poetry in our current exhibition. Free with admission. Call 707.944.0500 x201 for reservations.

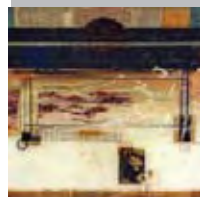
**Saturday, August 19**  
2:00 PM to 3:00 PM  
**Behind and Around the Scenes: Preparing and Finishing a Painting** with Thomas Morphis, Professor of Fine Art at PUC Ana Corbero's paintings for our current exhibition, *1001 Tears*, arrived rolled and had to be stretched. If you've ever wondered how painters prepare, stretch and frame paintings, please join Pacific Union College Professor of Fine Art, Thomas Morphis for a behind the scenes look at preparing paintings for exhibition. Free with admission. Call 707.944.0500 x201 for reservations.



August 5



August 12



August 19

### Baseball Schedule at Borman Field

Date		Teams	Times
Jul 27	Thu	American Legion Area Tournament	9:00 am, 12:00 pm, 3:00 pm
Jul 28	Fri	American Legion Area Tournament	9:00 am, 12:00 pm, 3:00 pm
Jul 29	Sat	American Legion Area Tournament	9:00 am, 12:00 pm, 3:00 pm
Jul 30	Sun	American Legion Area Tournament	9:00 am, 12:00 pm
Aug 3	Thu	American Legion State "A" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 4	Fri	American Legion State "A" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 5	Sat	American Legion State "A" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 6	Sun	American Legion State "A" Tournament	
Aug 12	Sat	American Legion State "B" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 13	Sun	American Legion State "B" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 14	Mon	American Legion State "B" Tournament	9:00 am, 12:00 pm, 3:00 pm
Aug 15	Tue	American Legion State "B" Tournament	



Fri  
Jul 21  
7 pm

**Russian National Orchestra** with *Nikolaj Znaider, violin, Piotr Anderszewski, piano, Stéphane Denève, conductor*. Piotr Anderszewski is widely regarded as one of the most exciting pianists of his generation. Since first coming to public attention at the 1990 Leeds Piano Competition, he has become a familiar figure on the international concert platform, recognized for the intensity and originality of his interpretations. Anderszewski has been singled out for several high profile awards - the prestigious Szymanowski Prize in 1999 for his interpretations of the composer's music and, in 2001, the Royal Philharmonic Society's "2000 Best Instrumentalist" award. In April 2002 he was named Gilmore Artist, succeeding previous winner Leif Ove Andsnes. Described by the prestigious award's advisory panel as "truly extraordinary," Anderszewski will be Gilmore Laureate until 2006, appearing regularly at the Gilmore keyboard festival in Michigan and receiving financial assistance towards his career goals. Nikolaj Znaider is now established as one of the foremost violinists of his generation and is invited regularly to work with many of the world's leading orchestras. In recital and chamber music performances Znaider appears at many of the world's leading concert halls and festivals.



Sat  
Jul 22  
6 pm

**Russian National Orchestra** with *Sarah Chang, violin, Piotr Anderszewski, piano*. Born in Philadelphia, Sarah Chang began to study the violin at the age of four and within a year performed with orchestras in the Philadelphia area. At age 8 her early auditions led to immediate engagements with the New York Philharmonic and the Philadelphia Orchestra. Now 21 years old, Sarah Chang is recognized the world over as one of classical music's most captivating and gifted artists. Appearing in the music capitals of Asia, Europe and the Americas, she has collaborated with nearly every major orchestra.



Sun  
Jul 23  
6:30 pm

**Russian National Orchestra** with *Renée Fleming, soprano, Nina Kotova, cello, Stéphane Denève, conductor*. Renée Fleming's vocal artistry is acclaimed worldwide as the "gold standard of soprano sound." The two-time Grammy Award winner's sensuous voice, interpretive skills and stylistic versatility are sought after on stage and in recordings. A champion of new music as well as the standard repertoire, the American soprano performs throughout the world's most distinguished venues with today's foremost orchestras and conductors. Recognized as a risk-taker in her field, Ms. Fleming has created many roles for the operatic stage and has premiered

*Continued on next page*



## VA Annual Survey

The USDVA will be at the Home the week of August 21 for their annual survey.

Mr. Robert Goldware will be available to meet with individual Home members on Tuesday, August 22, between the hours of 10:30 a.m. and 11:45 a.m. To schedule an appointment, please call Quality Assurance at 944-4830.

## Discount Bus Rides to Santa Rosa

The Napa County Transportation Planning Agency is promoting their newest route serving shopping and other attractions in Santa Rosa. Through September the VINE is offering two-for-one rides on Route 11 – two riders for the price of one fare. The discount coupons can be found wherever VINE maps and schedules are located.

Route 11 to Santa Rosa runs on Monday, Tuesday, Wednesday and Saturday from 8:50 am to 7:10 am. For more information you can call the VINE at 251-1092.

### *Lincoln Theater continued:*

numerous songs written for her, earning her the respect of her colleagues and praise from the press as one of the great artists of our day. Born into a family of musicians and scientists, Russian cellist Nina Kotova has been hailed as “unforgettable,” “passionate and inspiring” and as having “powerfully expressive energy with a technique of utter mastery.” Nina Kotova was accepted by the cello faculty into an adult class of the Moscow Conservatory at the age of seven, while studying at the Central Music School Pre-Conservatory. Nina is also an accomplished composer, and her compositions have been recorded and performed in venues including Carnegie Hall. Her debut CD on Philips Classics sold over 60,000 copies, remaining on the Billboard Charts for several months.

Sat,  
Aug 12  
8:00 pm

**Direct from Broadway:** *Featuring Raymond Saar, Diane Ketchie, Valerie Perri and Scott Harlan.* Direct from Broadway brings an actual Broadway experience to the Napa Valley with hits from many of the current blockbuster shows that play to sold out houses every night. Featured performances include tunes from *The Producers*, *Wicked*, *Phantom of the Opera*, *Chicago*, *Lion King* and *Les Misérables*, as well as Broadway tributes to Julie Andrews and Barbra Streisand as well as numbers from classic shows such as *Fiddler on the Roof* and *Man of La Mancha*. The combined credits of the performers Raymond Saar, Diane Ketchie, Valerie Perri and Scott Harlan include starring roles on Broadway in *Les Misérables*, *Evita* and *Phantom of the Opera* as well as guest artist appearances with major symphony orchestras and concerts everywhere from Carnegie Hall to a command performance at the White House.

Sun,  
Aug 13  
3:00 pm





## Residential Care Special Events

*Sign ups at Activities Office open 2 ½ weeks before event.*

	July	Time	Event	Site	Bus	Signup
21	Fri	7:00 pm	Russian Nat'l Orchestra	LT		Yes
22	Sat	11:00 am	Residential Care Picnic	MPG		
		6:00 pm	Russian Nat'l Orchestra	LT		Yes
23	Sun	10:00 am	Giants Baseball		MBS	Yes
		11:00 am	VFW Picnic	MPG		
		6:30 pm	Russian Nat'l Orchestra	LT		Yes
26	Wed	10:00 am	A's Baseball		MBS	Yes
27	Thu	10:30 am	"U-Pay Bunch for Lunch"		MBS	Yes
28	Fri	9:30 am	Fairfield Mall Shopping		MBS	Yes
29	Sat	10:30 am	Horse Racing at Santa Rosa (live)		MBS	Yes
	August	Time	Event	Site	Bus	Signup
2	Wed	9:00 am	Sonoma Co. Fair Sr. Day		MBS	Yes
		3:00 pm	Talent Show	LT		
6	Sun	11:00 am	American Legion Picnic	MPG		
8	Tue	10:00 am	River Cats Baseball		MBS	Yes
9	Wed	9:00 am	Allied Council	GH		
		10:00 am	A's Baseball		MBS	Yes
		12:30 pm	LeMelange		MDR	Yes
10	Thu	10:00 am	Remembrance Service	Chp		
12	Sat	8:00 pm	* Direct from Broadway	LT		Yes
12	Sat	8:00 pm	* Direct from Broadway	LT		Yes

**\* Lincoln Theater Ticket Lottery will be held on Monday morning, July 24<sup>th</sup>.**

**Tickets may be picked up at the Activities office July 24<sup>th</sup> – 28<sup>th</sup>.**

**Key – 1C/1D: Hospital 1C/1D patio; Bor: Borman Field; Chp: Chapel; GH: Grant Hall; GR: Games Room; HL: Hospital Lobby; HRA: Hospital Recreation Area; LL: Lee Lounge; LT: Lincoln Theater; MBS: Main Bus Stop; MDR: Main Dining Room; MPG: Main Picnic Grounds; SF: San Francisco; TAV: Tavern; VHC: Veterans Home Cemetery; VGC: Vintners Golf Course; VHL: Veterans Home Lanes; XII: Annex II; Ynt: Yountville; YVP: Yountville Veterans Park.**

*All activities are subject to change, please check with the Activities Office.*

*Sign up early! Activities can fill quickly.*

### From The Video Library ...

**T**hank you to Al Bronstein from Section D for his donation of 50 DVDs to the Veterans Home Video Library.

Keep those donations coming!

### Grapevine Deadline & Distribution Dates

Month	Holidays	Deadlines	Distribution
Aug	None	14, 28	4, 18
Sep	4	11, 25	1, 15, 29
Oct	9	6, 23	13, 27
Nov	10, 23, 24	3, 16	9, 22
Dec	25	4, 16, 29	8, 22



# MOVIE NIGHT IN GRANT HALL

## Fri, July 21 – “Pride and Prejudice”

This new (2005) film is considered one of the best adaptations of the Jane Austen romantic classic. The love story involves unexpected adventure with five unmarried sisters hunting for mates in 18<sup>th</sup> century England. This new, reimagined version seems fresh and almost 21<sup>st</sup> century while staying true to Austen. The cast includes Keira Knightley, Matthew MacFadyen, Judi Dench and Donald Sutherland. ☆☆☆☆

## Wed, July 26 – “The Wild Bunch”

This 1969 Western film is directed by Sam Peckinpah and stars William Holden, Ernest Borgnine, Robert Ryan, Edmond O’Brien and Ben Johnson. The story follows aging outlaws who decide to retire in 1913 after one final haul. Outstanding acting, dialogue, direction, score and photography are considered world class. An authentic American classic Western film. ☆☆☆☆

## Fri, July 28 – “Dreamer”

A new (2005) movie stars Dakota Fanning and is inspired by a true-life story about the bond between a girl and her horse. Although not as good, it has been compared with Elizabeth Taylor in the film “National Velvet.” This is a better-than-average new family entertainment.

## New August Movie Schedule

Beginning in August, we are starting a new split schedule for some films. These are mainly older movies that run more than two and a half hours in length. We will schedule the first half on Wednesday, showing the second half on the following Friday of that week ... a two-day intermission, if you will. The first film is the 3 ½ hour classic “Gone with the Wind.” We plan to show one extra-length film a month depending on audience (Home Member) response.

## Wed, Aug 2 – “Gone with the Wind” (part one)

This 1939 color film stars Clark Gable, Vivian Leigh, Leslie Howard, Olivia de Havilland, Thomas Mitchell, Hattie McDaniel, Ward Bond and Butterfly McQueen. Considered one of the greatest American movies ever made, it won Academy Awards for Best Picture, Best Actress (Leigh as Scarlet O’Hara), Best Director (Fleming) and Best Supporting Actress (McDaniel).

## Fri, Aug 4 – “Gone with the Wind” (part two)



**GRANT HALL**  
Theater doors  
open at 5:15 pm  
Wednesdays &  
Fridays

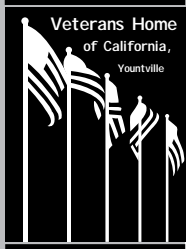
Special selected  
presentations at  
5:30 pm

Feature Film  
begins at 6:00 pm

The Digital  
Theater is  
sponsored by the  
Veterans  
Remembrance  
Committee,  
The MW&R Fund  
and AMVETS

*Neil Remnant,*

*Movie  
Coordinator*

A large, faint, circular logo for the AMVETS Service Foundation is centered in the background. It features a red outer ring with the text "AMERICAN VETERANS" in white. Inside the ring is a purple circle with a white silhouette of a soldier standing with a rifle. The word "AMVETS" is written in large, yellow, stylized letters across the center of the purple circle.

The *Veterans Home Media Program* gratefully acknowledges the generosity of the *AMVETS Service Foundation* in supporting *KVET TV*, the *Grapevine*, and the *Veterans History Program*.

## GRAPEVINE

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For  
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about the  
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Home  
call: 1-800-  
404-VETS